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## Student narrowly escapes attackers on Saturday

**Michael Hood**  
CAMPUS Co-EDITOR

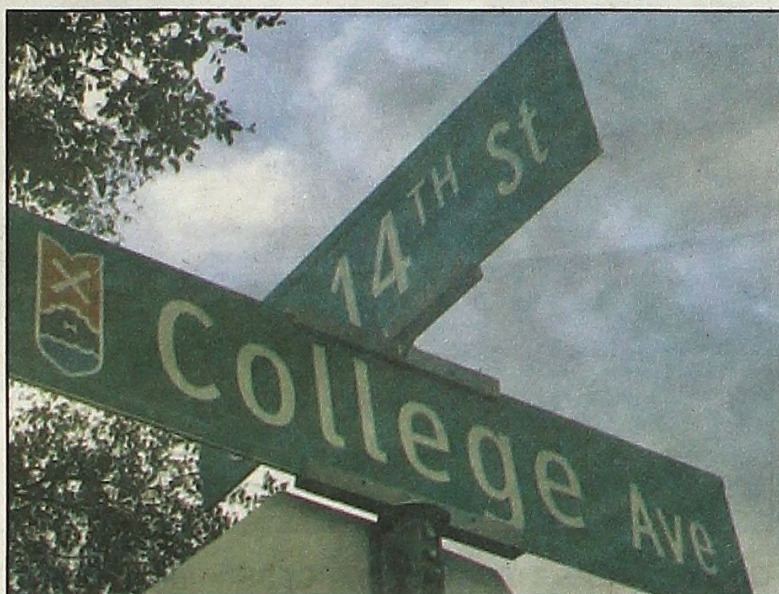
This past Saturday night, a Hope College student was approached by a car, physically assaulted and nearly kidnapped near the corner of 14th Street and College Avenue, steps away from Hope's campus.

According to Campus Safety, the female student (whose name has been protected for security reasons), was walking down the street when a black SUV pulled up.

After receiving threats from the individuals within the car, three of the vehicle's four occupants exited the vehicle and approached her – one of them attempting to grab her by the arm.

The student struck the suspect and proceeded to flee to her place of student housing, from there she was able to contact authorities. The student was uninjured.

Campus Safety officers in tandem with officers from



MICHAEL HOOD

**A SCARY SITE** — The location of the assault, authorities in the area have been on high alert ever since.

the Holland Department of Public Safety, combed the area in search of the vehicle that night, to no avail.

At an institution that many regard as a perfectly safe and guarded community, this attack has hit close to home for many Hope students, as

many never thought that anything such as this would ever happen to anyone on our campus.

"It's scary that things like this are happening [here at Hope]...As a woman, it's even more scary because it could've been anyone in that

situation", says Angelica Peña, who is a sophomore.

"You hear about stuff happening in other places... but you never think about the fact that it could happen here. It's just scary and it reminds me that it is important to watch out for myself, and my friends too."

While it is difficult to entirely prevent incidents like this from occurring, there are measures that students can take to increase their own personal levels of safety when going out.

Simple things such as: telling someone where you are going and when you expect to reach your destination, keeping your cell phone charged, and using the buddy system are often overlooked, but can make a huge difference when it comes to creating a comprehensive plan to stay safe.

Being proactive before leaving and staying vigilant while out can be extremely

important factors in protecting oneself.

The student who was attacked did not personally know any of the suspects.

One of the suspects is described as a white male, approximately 20 years old, medium build, medium length brown hair, and is approximately 6'0" tall.

A second suspect was described as a white male having a bigger build, a slight "gut", and being about 6'1" tall, with short brown hair and a large nose.

The other individuals (who remained in the vehicle), remained unidentifiable.

Anyone with information regarding the incident is advised to call campus safety at (616) 395-7770, call the Holland Department of Public Safety at 1(800) 249-0911, or visit the Holland Department of Public Safety's office at 89 West 8th Street, open Monday through Friday, from 7 a.m., to 5 p.m.

## Hoedown gets students into the autumn spirit

**Cameron Geddes**  
STAFF WRITER

A lassoing contest, hot cider, line-dancing, a roaring fire; all true elements of a great southern-style hoedown.

However, where this hoedown took place might shock you; not along the Appalachians, outside a bar in Tennessee, or in the middle of Montana - this hoedown was mere minutes away from Hope College proper, at the Teusink Pony Farm.

The farm itself has been in operation for over one hundred and twenty years, priding itself on old-fashioned fun.

Throughout the years, the college has done its best to create its own tradition of bringing interested students to the farm, free of charge, once a year, and last Friday from 8 p.m. until midnight was finally the time for that tradition to continue.

Hosted by SAC with transportation provided, a wide variety of fall-inspired, fun hoedown activities were



CARTER DAMASKA

**LEFT FOOT, RIGHT FOOT** — Line dancing was one of the most popular amongst those in attendance last Friday.

available for participants to choose from.

A typical runthrough might look a little something like this: Once a student was

able to exit the bus they could fall in line for trail mix and donuts, as well as refreshing cider either hot or chilled.

After talking with friends

around the fire and admiring each other's flannel, you could then move on to try your hand at the lasso. While waiting for the hay ride to come back, attendees were able to spend some time in the barn, either admiring the farm animals or picking their way through the hay bale maze.

With a member of the staff overseeing the process, bunnies were made available to be held and cuddled for any student with a soft side. Larger animals such as donkeys, sheep, and even a cow were also on standby for curious onlookers - international students from very urban areas seemed especially delighted to see the animals in person.

Once the wagon arrived, students were free to hop on and gaze at the stars out on the trail.

Afterwards, students were able to finish the night by line-dancing with friends to a variety of tunes; lessons were provided for anyone who

wanted them, so that even those dancers with "two left feet" could feel comfortable and get in on the fun without any pressure.

The students appreciate the annual opportunity to come out to the farm, and the feeling seems mutual, according to a brief interview with Michelle Teusink, whose family owns and operates the farm.

She noted that the staff takes care of setting up the event, i.e. chopping firewood, preparing the animals and checking the wagons.

SAC meets the farm halfway, providing the food and drinks.

Hope students who attend are expected to be respectful with the facilities and courteous with the animals, as the cordial relationship between the school and the farm is what allows the event to be so manageable.

A great time for all involved, students can look forward to the same tradition next year!



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Questions raised: "What really happened in Saudi Arabia?"

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Theater major sheds some light on what it's like to be part of the department.

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#### Beijing Duo Performance

Hope College's guitar series continues with a performance from the world-renowned musicians.

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# CAMPUS

## THIS WEEK AT HOPE

### Today GROW Kickoff

The annual GROW kickoff will take place this coming Wednesday, October 17th, from 4-5:30 pm in Mass Auditorium. Sponsored by the Center for Diversity and Inclusion, the GROW kickoff aims to celebrate one's identity through a set of frameworks that will focus on various stages of intrapersonal intersections. Taking into account the theme of celebration, affirmation, and liberation, the panelists will consist of four Hope College students who will speak on their own experiences in regards to the intersections of their own identities.

### Thursday "TRANSLATING THE BIBLE: CHALLENGES, CONTROVERSIES, AND CULTURAL RENEWAL"

You are invited to a special talk on contemporary Bible translation to be given by Kenneth Olson, a linguist with SIL International (also known as Wycliffe Bible Translators) on the evening of Oct. 18, from 6:30-8 p.m. in Winants Auditorium, Graves Hall.

### Friday ONE BIG WEEKEND: Homecoming and Family Weekend

Alumni, families, students and friends are invited to enjoy one big weekend full of fantastic events as we come together to celebrate Hope's past, present and future. This combined weekend will bring the entire Hope community together for fall in Holland and meaningful connections on campus. Join us for Homecoming and Family Weekend: One Big Weekend Oct. 19-21.

## IN BRIEF

### ABBEY MAKOE CAMPUS VISIT

On Monday, at the Winants Auditorium in Graves Hall, world-renowned South African journalist Abbey Makoe, joined by his wife, Dr. Mpine Makoe, visited campus to talk to students about his career and experiences as a black journalist in South Africa during apartheid. Dr. Mpine Makoe was actually a Hope graduate herself in 1990.

The Makoe's visited campus all the way from their home in South Africa for this engagement. The event was well-attended by students and faculty alike.

### BLACK EXCELLENCE DINNER

Hope College's Black Student Union cordially invites you to celebrate the achievements and tremendous value of black faculty, staff, and students, both past and present, at the 3rd annual Black Excellence Dinner. With our semi-centennial anniversary in mind, BSU asks you to join us in paying homage to one of the greatest eras in Black History: the Harlem Renaissance. They will take this time to recognize the excellence exhibited within our Hope College community. BSU looks forward to celebrating their legacy as an organization and the brilliance of their community with you. Cost is \$10/ student and \$20/alumni, faculty and staff. Registration is required.

## CORRECTION

There was a misprint in last week's edition. Odd Year Pull Team won by 65 feet 5 inches, not 6 feet 5 inches.

### Miles Pruitt CAMPUS Co-EDITOR

The student leadership program is a collaboration between the Boerigter Center, the Center for Diversity and Inclusion and Herman Miller to support students in the development of effective planning strategies in order for them to achieve their desired goals and outcomes for their future.

One of the main contributors to the program, Vanessa Greene, is the director for the Center for Diversity and Inclusion, and she sees this opportunity as prime for students, especially students of color.

The first session was held on Sept. 22, the second and third will be held on Oct. 25 and Nov. 13, both from 4-6 p.m.

The first session's goal was to help students identify their unique career attributes related to their interests, values and skills, clarify connections between their personal, academic and extra-curricular interests, identify viable careers and start a personalized action plan to achieve their career goals. The second session will allow students to discover strategies for applying their strengths in the workplace, learn how to use their strengths in developing their resume and



FACEBOOK

**TAKING STEPS TOWARDS SUCCESS** — The Center for Diversity and Inclusion wants to cultivate more opportunities for students to network and engrain themselves in leadership. CDI is partnering with several organizations in implementing this program, with the goal of getting students to think about preparing for their future with tangible skills.

develop effective interviewing There will be another edition and personal branding skills. in the fall, to help students The purpose of the last session effectively prepare for the job is to assist students by helping search process: interviewing them develop a professional skills, networking, job shadowing. brand by effectively marketing A panel of professionals will and promoting their educational provide students with career background, work experience, success strategies: professional leadership experience and specific etiquette, culture, protocol, etc. skills related to job interests. There will also be an opportunity

for five to ten students to be sponsored by Herman Miller so this is a great opportunity for students to interact with a company like Herman Miller and be on the forefront of leadership ability. Herman Miller wants to continue to cultivate an atmosphere of diversity in the workplace which means this is a great opportunity.

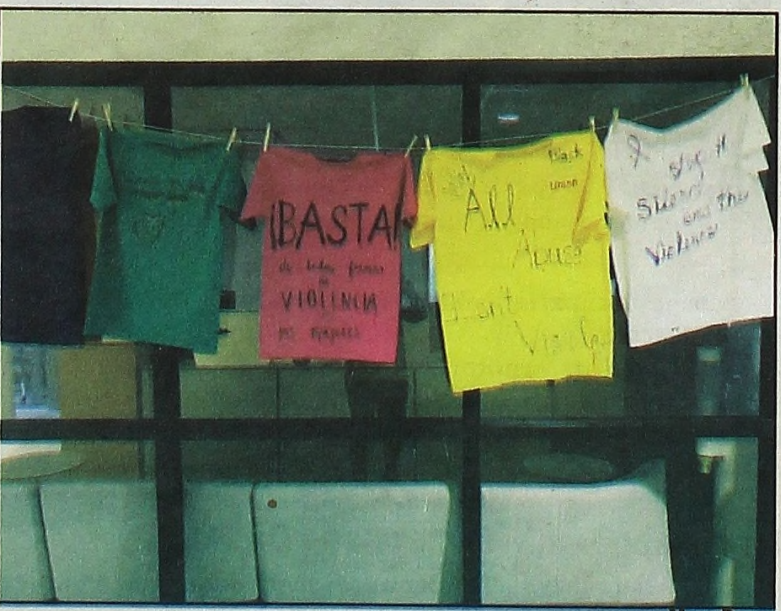
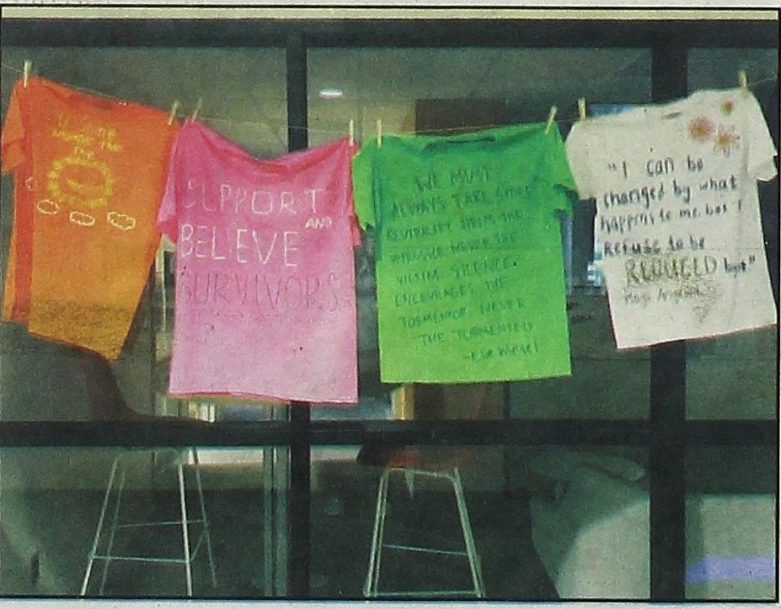
# Clothesline opposes sexual assault

### Miles Pruitt CAMPUS Co-EDITOR

The Clothesline Project, presented by the Students Teaching and Empowering Peers (S.T.E.P.), honors survivors and victims of interpersonal violence (i.e. dating violence, harassment, sexual assault, and stalking). Anyone who has experienced such violence, at any time in their life, is encouraged to create a shirt and allies are encouraged to make shirts to support their friends and others who have experienced violence.

One student, Steven Rivas, who made a shirt, says that "clothesline projects like this one remind people of the real meaning of violence statistics that are often ignored." It is the very simple process of making a shirt that gives victims an avenue through which to tell an often horrific and unspeakable experience that has dramatically altered the course of their life. Participating in this project provides a powerful step towards helping a survivor break through the silence that has surrounded their experience.

S.T.E.P wants survivors and those close to them to have the opportunity to share their voices and also raise awareness to everyone on campus. This will raise greater awareness about a very important issue. S.T.E.P hopes that through this project, they will be able to provide student groups, faculty,



MILES PRUITT

**FIGHT AGAINST SEXUAL ASSAULT** — Survivors and allies made shirts to spread the word. Each person got a blank shirt and wrote words of their own stories, Allies made quotes and other supportive dialogue.

staff and students a blank t-shirt with which they can create a collage to convey their message about interpersonal violence.

S.T.E.P can also provide peer educator-facilitated discussions on campus to raise awareness about consent, healthy relationships, unhealthy relationships, dating violence, sexual assault, stalking, gender equality, masculinity and femininity, etc. STEP Educators are also willing to assist with designing or developing ideas for a t-shirt if desired.

According to their website, you can email step@hope.edu if you want to request an informational session. Their goal is to have a campus-wide display of activism and awareness. Spread the word. Let people know that this is happening. The t-shirts are on display around campus from Oct. 10-21. Look for your t-shirt around campus!

For those who have experienced violence or even those who know someone who has, take time and look at the shirts posted around campus because the stories are real and raw in the minds and eyes of those who wrote them. This is a significant issue that needs to be fixed. Only we can prevent more sexual assaults. The clothesline project is a step in the right direction towards a solution but the students need to get involved. But we can do more to prevent sexual assault.



# Student perspective on India's biodiversity

**Sophia Vander Kooy**  
STAFF WRITER



RVCJ.COM

INDIA — Green fields in India are farmed by workers.

desert. This place does not fit into the box type ecosystems I learned in my third grade science classes. There is small pockets of red dirt peeking out of the rigid landscape. Fully green trees, tall grasses and knotted aloe vera plants take up the majority of space. The group of twelve students I embarked on this journey with and myself are standing in the midst of a small corn and millet field. I can see the beginning, and I can see the end. The tribal women who run the farm proudly show us their system of cross pollination and guide us along the rows of produce. I wish I could say this was the quaint family farm that it appears to be. I wish I could say their biggest challenge was trying to navigate a profit in an increasingly globalized society. For some reason, that seems so

much simpler than the reality. As we further our conversation, the women and a few young men who have left their work to join in share that this small plot of land is supplied chemicals by Monsanto to sell its product directly to its partner companies. Bayer, a German company, recently bought Monsanto and announced its merger which will expand the reach and profit of the already Fortune 500 company. Scanning over the company's website, a mission of environmental sustainability and humanitarian outreach is preached on every new page. However, the young men told us the seed shipments they received from Monsanto came with chemicals that lacked instructions in their language. They told us they often feel dizzy after spraying the field. They

told us that they all know people that have attempted suicide with the existing chemicals in their areas. They told us how selling and working with these companies was their best option for direct and quick income, which they need to sustain their way of life.

Every issue that takes up space in today's world has a complexity that no article or story could ever fully cover. I want the end to be a war on large corporate and pesticide spraying farms. I want the organic vs non-organic battle to be easy and clear. I want to say buying produce with the pretty labels of "fair trade," "natural" and "USDA organic" to be all that is needed. However, I know that I cannot simplify mindful consumption. Single-action bias is alive and well in the world of US grocery shopping. There must be more that can be done than settling for the labels. There must be more that can be done than settling for simply the words of corporations. I know there is more that can be done. There is more research to be completed, more farmers to learn and impliment, and more gardners to plant and nurture.

Although I wish the problem was simple on the macro-scale, I am learning to see my micro-responsibility in supporting the companies and people I know will deliver on their labels and words.



## Top Quotes from President Trump's '60 Minutes' Interview

**Sam Mason**  
NATION/WORLD EDITOR

This past weekend, Donald Trump sat down with Lesley Stahl on the CBS news program. The pair discussed many topics that have defined his presidency thus far. They talked about everything from climate change to the developments in the Mueller investigation. The conversation was tense and at times combative as Trump defended his actions and outlined his policy goals for the rest of his term.

When Asked about climate change Trump stated, "I think something is happening. Something's changing, and it'll change back again. I don't think it's a hoax. I think there's probably a difference. But I don't know that it's manmade. I will say this. I don't want to give trillions and trillions of dollars. I don't want to lose millions and millions of jobs. I don't want to be put at a disadvantage." The president also mentioned, "I'm not denying climate change. But it could very well go back. You know, we're talking about over millions of years. They say that we had hurricanes that were far worse than what we just had with Michael."

When discussing the pledge to not shut down the Mueller investigation, Trump said, "Well, I — I don't pledge anything. But I will tell you, I have no intention of doing that. I think it's a very unfair investigation because there was no collusion of any kind. There is no collusion. I don't want to pledge. Why should I pledge to you? If I pledge, I'll pledge. I don't have to pledge to you. But I have — I have no intention of doing that."

While quite informative, the conversation was strained and Trump was discursive. He ended one segment reminding Stahl, "Lesley, it's okay. In the meantime, I'm president — and you're not."

# The mysterious disappearance of Mr. Khashoggi

**Sam Mason**  
NATION/WORLD EDITOR



BBC.COM

JAMAL KHASHOGGI — A well known reporter and critic of the Saudi government

Jamal Khashoggi was last seen entering the Saudi consulate on October 2 at approximately 1:14 p.m. The contributor to the Washington Post had an appointment at this particular consulate in Istanbul in order to collect documents that will allow him to marry his Turkish fiancée. He was to receive a certificate showing that he was indeed divorced from his first wife. Khashoggi was never seen or heard from after entering the consulate. Numerous news outlets are claiming that Khashoggi, the former editor of a Saudi newspaper, regime critic, and Washington Post contributor, was murdered. At the moment, the Saudi consulate states that Khashoggi left the consulate around an hour after his arrival. Some news outlets have provided further implications relating not only to murder but to possible dismemberment in the diplomatic facility. President Trump weighed in on the issue stating that it was "a very sad situation; it's a very bad situation. We cannot let this happen, to

reporters, to anybody." Unfortunately, it looks as if the Saudi crown prince Mohammad bin Salman knew of this event. Additionally, it seems that bin Salman was at the helm of the kidnapping and murder of Khashoggi. However, it seems that bin Salman has been open to reform in his hermitage. Thus far he has allowed women to drive and permitted movie theaters to conduct business in his country. Nothing to write home about; however, these changes are

indicators of improvement. bin Salman has nodded toward improving conditions, definitely. However, he has not scaled back his assault on his vocal critics at home and abroad. In fact, it seems that the arrests and convictions of protestors have increased in number. For example, after receiving a critical tweet from Canada's Foreign Minister aimed at his handling of two dissidents, the Saudi crown prince cut all ties with Canada, ordered all Saudi students home from Canadian

universities and expelled the ambassador. Clearly, the prince has a past of conflict with his critics, and Khashoggi was not exempt from this list. If the video surveillance was not enough evidence against bin Salman, the Washington Post has presented intelligence intercepts that reveal that the crown prince was the head architect of this plan to lure Khashoggi back to Saudi Arabia and detain him. Was this a kidnapping turned sour? Or was the twist a part of the plan?



Prospective tours: The impact of visitation on Hope students

Timothy Doorenbos  
Voices Editor

Autumn: the time of falling leaves, pumpkin pie and, for high school seniors, finishing college applications. This leads to journeys across state and country lines to learn about early acceptances and possible choices to apply to before final deadlines. This past Saturday, fresh eyes coalesced the campus as visiting students took their time viewing the campus, like many current students and alumni before them. These students formulate experiences of Hope College that will stay with them throughout the application process and well into their time at Hope.

“I bopped around with my father trying to figure out where Maas auditorium was. Found it and then pretty quickly went on a tour with a couple other perspective students.”

This is Rebecca Barth (’20) She started describing the focus of her visitation day being the campus tour provided.

“I’m actually now friends with the girl who gave me my tour. Her name’s Elizabeth, and she just walked us around Hope College, and we saw all the things, and we saw all the places”

This quickly became complimented by the academic aspects of the Hope tour as Barth went onto describe:

“I went to an academic panel. It was just these four students talking about their scholastic experience. I learned a lot about a lot of cool things at that panel.”

Moreover, these academic aspects were home to Hope’s human element.

“I visited a class, it was a stats class, and the boy next to me had a conversation with me. Everywhere else I went the tour guides talk to you. Of course, the people who get paid to talk to you

talk to you. And I’m sure I stuck out as a sore thumb that I was a child in this room of adults, but also this guy decided that I was a new face, and he was going to talk to me, and that was super cool.”

Katie Joachim (’20) expanded on this idea.

“I attended an English class, and they had to split the groups. A guy that was sitting there was like come join our group. They asked me about what I thought about what they were talking about.

I remember being so impressed that there was this boy who was like ‘I was so busy last night, and I didn’t think I was going to be able to get this homework done but I woke up this morning, went to the library, found the article and read a bit of it.’ I was like ‘what? He didn’t do the homework last night and then got up to do it?! These are my nerd friends here.’”

This can also serve as a distinguisher between Hope and other schools as Joachim went on to explain:

“I was very impressed by the Hope College students. I went to Alma and sat in on an English class. The professor didn’t remember my name, people were on their phones during class, there was one person who participated, not everyone did the homework and they didn’t care that they didn’t do the homework. The type of person that you find at Hope College is just so special, and I feel like as a visiting student when you see that you’re like ‘it’s so different’ from any other place you go to because Hope students actually care if you want to come.”

Indeed, the personal element of Hope is a large drive for many students that come here. This aspect is especially pertinent to those with siblings as Katie Joachim’s brother Sam Joachim

(’22) would detail:

“Coming back as a senior, I came on a visitation day. I ended up going to acting one and visiting that class. It was interesting to me because of course I didn’t know everybody, but of course I knew some people because of Katie. It was that weird line of feeling extremely uncomfortable in the best way possible because these people kind of know me, so I can kind of act like myself, but at the same time I don’t want to freak them out before coming here.”

But having family familiar with the campus isn’t always the bee’s knees. Sam Joachim lamented about his first visit to Hope explaining: “I was incredibly embarrassed about everything. My mom would be laughing and telling her experience about everything, and I was like ‘mom this is not your place to do this.’” For Sam Joachim this emphasized the importance of facility connection with the college over familial.

“The person who initiated my visitation day was Danae [Frost] from admissions. She was probably the best part of it all because she really went the extra mile in terms of making me feel like Hope wanted me there; not just because of my grades or my SAT scores but because of me as a person.”

Katie Joachim elaborated on her brother’s statements relaying that whether faculty or students that personal element remains a highlight of Hope for students with a generational history at the college and students seeing the campus for the first time entirely.

“The thing that was really fun was that you would walk around, and as you were walking around; people would say high to your tour guide, and I was like ‘this is so cool. Everybody’s so nice.’ People wouldn’t ignore you, and



TIMOTHY DOORENBOS

HAPPY TO SEE CAMPUS – Visitors here are Katie Joachim (left), Rebecca Barth (center), and Sam Joachim (right)



HOPE.EDU

VISITATION WEEKEND – Bringing families together to inspire prospective students

they wouldn’t be mean to you.

The community that you find here on visitation day compared to the community you find at big schools or other small schools is really unique and really very special. Especially for somebody who is very insecure about going into a new space that they don’t know. Having that end that there is a community behind you that will acknowledge your presence and be kind to you both in class

and outside of class is really cool.”

Next visitation day is this Friday, a kickoff event to Hope’s “One big weekend,” and an opportunity for students to show visiting students and families that we are a special community that these representatives of classes 2019 and 2020 describe us to be. So, try saying hello to a visiting student or their guide. You never know who it will inspire.

Capturing the Happiness of Hope: pictures of students at the Hoedown



CARTER DEMASKA



CAMERON GEDDES



CAMERON GEDDES

HAPPY TIMES AT THE HOEDOWN – (Left) Students enjoy the animal farm. (Center) The hay rides are the central attraction. (Above) Students gather to enjoy the different foods of fall festivities

ANCHOR

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# The day-to-day of a theatre major

## A reflection on what the future after Hope College will bring

**Madellne Suhrhelnrlich**  
STAFF WRITER

Hope College is known for having a wide variety of majors. However, one that is not always talked about is the theater major.

Riley Wilson ('21) did not initially set out to be a theater major but is thrilled he did. Initially, Wilson looked at small, Christian, liberal arts colleges and fell in love with Hope.

"I originally only planned to be involved in the theater department as a non-major, but after spending only a few weeks being a part of the professional theatre world through my acting class taught by professor Jean Bahle and getting cast in "The Miser" my first semester, I declared as soon as I could," Wilson said.

His decision to pursue theater in college was not unexpected. Wilson always loved being on stage. Since the 6th grade, Wilson has been performing on stage, both through school and community productions.

"I knew that God had put a passion in my heart for telling stories on the stage," Wilson said. Wilson's favorite Bible verse, Hebrews 10:24 - "And let us consider how we may spur one another on toward love and good deeds" - is his inspiration.



RILEY WILSON

**HEADSHOT** — Riley Wilson softly smiles for his headshot. This headshot can be used for auditions at Hope College as well as auditions in New York City, Chicago and Los Angeles.

"[I want to] change the world through live stories," Wilson said. "Yes, theater is entertainment, but to me, theater is first and foremost an art."

This art is embraced many ways on campus, both through a theater major and with productions on campus.

A typical theater major takes a wide variety of courses due to Hope's liberal arts education.

In addition to general requirements, the theater major itself has students partake in a wide range of classes. Some include Shakespeare, contemporary drama, costuming, musical theater, directing and playwriting.

"I am truly blessed to be a part of the theater department at Hope, because I know I am getting the education I need to be able to work in multiple areas of the theater," Wilson said. "The more versatile you are, the easier it is to find jobs. Being able to do multiple things makes you more marketable."

In addition to majoring or minoring in theater, Hope offers a variety of ways to stay involved on campus.

Any student can take a theater class; in fact, it is one of the many options for a required art credit.

Students can also work in a departmental work study job. According to Wilson, some of the jobs include costume shop, scene shop, publicity, office assistant, stage management, follow spotlight and being on run crew for a show.

Another way a student can get involved is by auditioning for a production.

Students do not have to be majoring or minoring in theatre to be a part of one of Hope's productions.

Next month, Wilson will be starring in Hope's production of the musical "Into The Woods," directed by Rich Perez and Sherri Pilon.

Rehearsals take place every weekday for most of the semester from 7 to 10 p.m. During each rehearsal, a different focus is covered, whether it be music-based or scene-based.

"The rehearsal process is extensive and lasts the majority of the semester, but rehearsal is the best way to tell the best story we can tell," Wilson said.

Being a theater major, Wilson is used to the hard work needed for shows.

"While many people think theater is all about talent, the truth is that it is hard work," Wilson said.

Along with taking a 16 credit course load, Wilson averages 15 hours a week of rehearsals. Like any major, the hard work ultimately pays off.

"My goal is to make a living as an actor, but I have other passions in the theater as well such as costume design and arts administration," Wilson said. "I will go wherever God leads me after graduation, whether that is living in New York City, Chicago or Los Angeles, auditioning or working at a theater company designing shows."

While being a part of the theater community has many benefits, one stands out to Wilson.

"I am passionate about this major for a variety of reasons, but my favorite part about majoring in theater at Hope is the community," Wilson said. "My fellow majors in the department are also my closest friends, and we all hang out and grow as people together."

# The food crisis at hand

**Sophla VanderKooy**  
STAFF WRITER

A culture filled with glossy magazines and plastic people causes much of the Western world to view food through a distorted lens. Whether it is by not eating enough, eating too much or simply not recognizing the foods being chewed and swallowed, there lies a great disconnect between the energy exuded thanks to food and the food itself. I have fallen into this gap for much of my life. Worrying too much about what I ate and, simultaneously, not being grateful or fully conscious of the food itself.

As much as I have been socialized to think that this pressure to fit into a mold of photoshopped model people is a solely Western concept, I am starting to realize that body pressure and insecurity is a very global ideology that simply manifests differently depending on its location. Many Indian women and girls feel pressure to be thin and have lighter skin. There are skin-whitening creams from brands that run body positivity campaigns in the U.S. and white models in athletic gear on billboards all across major cities. As efforts in the U.S. are being made to lift women of all colors and sizes up, many young girls in the rest of the world are left without any presence of strong and healthy celebrity role models.

Yet India has one of the largest concentrations of malnourished children in the world, and the disparity between rich and poor, hungry and overly full, is bold and widening. This presence is tied into historical tragedies such as the Bengal Famine of 1943, which killed over two million people and makes for an upper class relationship with food I haven't encountered before. Food here is spicy, lively and filled with time and effort. My host mother starts cooking before anyone else is stirring and sometimes even before the sun wakes. The house is always filled with spice and sweet and overwhelming options of things to eat. As much as there are pressures and hardships historically bound from years of British colonialism and U.S. materialism that make Indian women and girls feel like their bodies and beauty don't meet the global standard, I think India is strides ahead from much of the rest of the world when it comes to their relationship with food. People often eat with their hands, savoring each bite of the spice and consciously giving thanks for all the effort that went into their meal.

The distribution of food is still grossly uneven, and the desire to look different than one does is still a society-wide concept. However, struggle has led to an Indian cuisine that takes time and love and is unlike any other food in the world. The amount of people here that I have met that are working for intuitive solutions to the problems presented is overwhelming, and it gives me hope that as India continues to find ways to lift the 99 percent up, the U.S. and other western countries will begin to take notes.

**Our Mission:** The Anchor strives to communicate campus events throughout Hope College and the Holland community. We hope to amplify awareness and promote dialogue through fair, objective journalism and a vibrant Voices section.

**Disclaimer:** The Anchor is a product of student effort and is funded through the Hope College Student Activities Fund. The opinions expressed on the Voices page are solely those of the author and do not represent the views of The Anchor. One-year subscriptions to The Anchor are available for \$45. The Anchor reserves the right to accept or reject any advertising.

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tacks or other editorial considerations. A representative sample will be taken. No anonymous letters will be printed unless discussed with Editor-in-Chief. Please limit letters to 500 words.

Mail letters to The Anchor c/o Hope College, drop them off at the Anchor office (located in the Martha Miller Center 151) or e-mail us at anchor@hope.edu by Monday at 5 p.m. to appear in Wednesday's issue.

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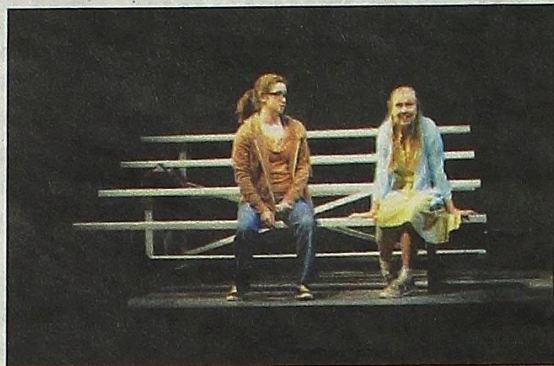
# 'Crooked' starts, ends run in DeWitt Theatre dept. kicks off season with first production

**Peter Hayward**  
CONTRIBUTING WRITER

As the stage manager bustles and the master electrician finishes checking spotlights, actresses sit under the careful eyes of the costumers. The director and designers are sprinkled among the students in the intimate space of DeWitt's studio theatre with their jobs finished—whether they like it or not. The lights go down, come back up and "Crooked" has opened. A three woman show that runs roughly ninety minutes, Catherine Trieschmann's play is the first of four mainstage productions from Hope College's Theatre Department this school year.

Laney, played by Emi Herman, is a fourteen-year-old struggling with a condition that causes her shoulder to bunch up called dystonia, as well as moving across the country. She turns to writing short stories that reflect her problems. Using sharp imagery and light metaphors, her micro-prose captures the youth of her voice; the ties to how she feels are not always evident at first, but as things unfold, the audience can hear her internal conflicts clearly.

Elise, Laney's mother, is played by Madison Meeron. She must come to terms with her husband's mental illness, as well as her daughter's rebellion. Instead of writing, Elise copes with light substance abuse and list-making. She lists possible



**DRESS REHEARSAL NIGHT**—The small cast runs through the show one more time before they open.

jobs, possible new husbands and reasons why, despite the pain, she had to let her husband go.

Lisbeth Franzon plays Maribel, Laney's first friend in the new town who is several years older than her and devoutly religious. Claiming to have "invisible stigmata," Maribel feels immense pain in her hands during particularly stressful moments. She is unphased by social cues and evangelizes immediately upon meeting the others.

Given such a small cast, the play shines with the complexities of relationships between these three characters. Laney hasn't quite come to terms with her father's institutionalization; she had always had a closer relationship with him, as

he supported her creative endeavors. Elise struggles with the lashing out of her daughter, especially in the wake of losing her husband, a man she is still in love with. Laney keeps to herself mostly, writing and reflecting, as the dystonia drives the students from talking to her.

Laney's cravings of support are found in Maribel, another socially outcast student, who is very excited to read the work of her only friend. Laney becomes overinvested in her friendship and becomes infatuated first with Maribel and second with the identity she has crafted, calling herself a "holiness lesbian."

As she becomes bolder in this, her friend pushes back, and Laney begins to cover her tracks

with lies. Building upon this, she tells her mother different things about their relationship. The show climaxes as these lies begin to collapse around Laney in a confrontation between all three women.

Unfortunately, "Crooked" has already closed, running from Oct. 10-14. The theatre department is already hard at work with the next show, however. The musical "Into the Woods"—music and lyrics by Stephen Sondheim and book by James Lapine—opens in a month, running from Nov. 14-18. Tickets are free for students and can be picked up at the box office in DeWitt. Hope's Theatre department only runs a musical every other year, so you won't want to miss it.

## Beijing Duo performs for intimate audience

**Abigail Bache**  
ARTS EDITOR

The Hope College Great Performance Series hosted its second group of the year on Friday night. As the clock reached 7:30 p.m., the John and Dede Howard Recital Hall came to life with the ethereal sound of Meng Su and Yameng Wang's guitar playing.

Known collectively as the Beijing Guitar Duo, Su and Wang have been playing classical guitar since they were 9 and 10, respectively. Born in the coastal city of Qingdao, China, the girls both began to win awards and gain recognition around the country.

Eventually, the two came to the United States for their education and joined forces to become the incredible performing group they are today. Together Su and Wang have played concerts in several countries spanning throughout Asia, Europe and North America.

The Beijing Guitar Duo have released three albums, titled "Maracaibe," "Bach to Tan Dun" and "China West." "Maracaibe" was nominated for



Baltimore, USA.

The Hope College Great Performance Series will be presenting two more shows for the fall 2018 season. The next performance features The Queen's Six, a men's vocal

**ALL ABOUT THOSE STRINGS**—The Beijing Guitar Duo is the second of four guitar acts the Great Performance Series has lined up for the 2018-2019 school year.

group, and will take place on Thursday, October 18 at 7:30 p.m. in the Jack H. Miller Concert Hall. Tickets are free for Hope students and can be purchased by faculty and community members at the Hope College Box Office in the Anderson-Werkman Center on 8th Street. Ticket prices are \$23 for adults, \$17 for seniors and Hope Faculty and \$6 for children 18 and under. Season tickets are also available with adult prices at \$90, seniors and Hope Faculty at \$70, and family tickets for \$200.

### IN BRIEFS

#### Upcoming Events

Bruce McCombs Exhibitions  
- De Pree Art Center  
Kruizenga Art Museum: Living Tradition - De Pree Art Center  
Fall Film Series: "Neither Wolf, Nor Dog" - 7:30 p.m. @ Knickerbocker  
Departmental Student Recital Oct 18, 11 a.m. @ JHM Center  
Great Performance Series: "The Queen's Six" - Oct 18, 7:30 p.m. @ JHM Center  
English Dept Alumni and Students Open Mic Reading - Oct 19, 3 p.m. @ Van Wylen Library, Rare Book Room  
Homecoming Gala Concert - Oct 19 7:30 p.m. @ JHM Center  
Alumni Chapel Choir Rehearsal - Oct 20, 10:45 a.m. @ JHM Center  
Nykerk Cup Competition - Oct 20 7 p.m. @ DeVos Fieldhouse  
Faculty Recital: Gabe Southard, Flute - Oct 21, 2 p.m. @ JHM Center

#### Top Movies From the Weekend

1. Venom
2. A Star is Born
3. First Man
4. Goosebumps 2: Haunted Halloween
5. Smallfoot

#### New Music via WTHS

Swamp Dog - Love, Loss, and Auto-Tune  
Visk Mono - It's Art  
audiobooks - "Dance Your Life Away"  
Cherry Glazerr - "Juicy Socks"  
Jerry David DeCicca - Burning Daylight  
Ben Millburn - Sunglass Moustache  
BROCKHAMPTON - iridescence

#### The Big Read 2018

'Station Eleven' by Emily St. John Mandel

#### This Week's Netflix Releases

Accidentally in Love  
Ask the Doctor  
Best Worst Weekend Ever  
Derren Brown: Sacrifice  
Distrito Salvaje  
Gnome Alone  
Haunted  
Hip-Hop Evolution (S2)  
Illang: The Wolf Brigade  
Larva Island  
Making a Murderer: Part 2  
Marvel's Daredevil (S3)  
The Night Comes For Us  
Wanderlust  
Robozuna  
ADAM SANDLER 100% FRESH

#### Billboard Top 10 Songs

1. Maroon 5 feat. Cardi B - "Girls Like You"
2. Lil Wayne feat. Kendrick Lamar - "Mona Lisa"
3. Juice WRLD - "Lucid Dreams"
4. Post Malone - "Better Now"
5. Lil Wayne feat. XXXTENTACION - "Don't Cry"
6. Travis Scott - "Sicko Mode"
7. Lil Wayne - "Uproar"
8. 5 Seconds of Summer - "Youngblood"
9. Drake - "In My Feelings"
10. Lil Wayne feat. Travis Scott - "Let It Fly"

#### Hope Talent

Michael J. Pineda - "Lady Luck," Headspace  
Julian Lugo - Thank You  
Available on music streaming services (iTunes, Spotify)

Check out SAC's Coffee House to hear more of Hope's talent, every Thursday at 9 p.m. in the BSC



# Flu season: immunity tips and tricks

**Sarah Neumar**  
LIFESTYLE EDITOR

As the weather changes, many students are experiencing the effects of the cold through sickness. Whether it be the common cold or the daunting flu virus, it is important to be aware of how to prevent and treat illness. There is too much to do, and not enough time to be sick. However, there IS time to do the little things to make sure you stay happy and healthy this fall and winter.

Flu season starts early in Michigan, as the cold weather takes up much of the fall season. Therefore, it is important to be aware of it now. The influenza virus is a pathogen that mainly affects the respiratory system, leading to inflammation in the nose, throat and lungs. Your body's immune response is what leads to a fever and muscle aches and pains. The flu is also contagious. If you are sick, it is best to stay home (or in your dorm room) as to not spread the virus.

The CDC (Centers for Disease Control and Prevention) recommends getting vaccinated for the influenza virus before the end of October because it takes two weeks for the antibodies from the vaccination to develop in your body, and protect against the flu.

Staying healthy in general and preventing all types of illnesses is an important game plan for everyone to have set in stone. Below are listed some simple steps to a healthier lifestyle, and an applicable plan for the flu season to come.

## Hand-Washing

This step is a given. However the process should not be overlooked. Always wash your hands with warm water and soap, and make sure to dry them properly. Bacteria can actually spread more easily on wet hands than dry ones. Furthermore, washing your hands may be more effective than hand sanitizer. Some hand sanitizers contain antibacterial products that can actually lead to bacterial resistance. It's better to wash any pathogens away with water and soap than to rely on sanitizers to kill them off.

In a study done by Sacha Pidot et al. (2018) on the "Increasing tolerance of hospital *Enterococcus faecium* to handwash alcohols", the authors state that their findings "suggest that bacterial adaptation is complicating infection control recommendations, necessitating additional procedures to prevent *E. faecium* from spreading in hospital settings".



BRENTWOOD PRESS AND PUBLISHING

## THE INFLUENZA VIRUS — Look for early signs and symptoms of the flu, and take the right precautions!

This study looked at a specific bacteria and its growth in a hospital setting, so these findings cannot be generalized. However it shows that it is possible for bacteria to become resistant to antibacterial products. Therefore, it can be hypothesized that proper hand-washing may be more beneficial in the long run when it comes to the ridding of bacteria.

## Proper Sleep

There are many scientific studies that display the negative effects of lack of sleep. This occurs through changes in the levels of circulating pro-inflammatory and anti-inflammatory cytokines, along with changes in inflammatory signaling pathways.

Inflammatory cytokines are released in the body when experiencing stress, tissue damage and infection. In a study conducted on "The effects of 40 hours of total sleep deprivation on inflammatory markers in healthy young adults" by Danielle Frey et al. (2007), it was displayed that healthy young adults experience an increase in circulating inflammatory proteins after just one night of sleep loss (under experimental conditions).

Sleep is a key factor in a strong and healthy immune system. Although school, athletics, clubs, work and other activities may keep you busy throughout the week, prioritizing sleep may prevent you from missing out down the road due to sickness.



APPLE INSIDER

## APPLE IPHONE APP — The "bedtime" feature on iPhones is just one easy way to combat going to bed too late each night.

One easy way to help hold yourself accountable for sleep is to set an alarm for your goal time to get to bed. You set an alarm to wake up, so why not set one to go to sleep? You don't need a perfect sleep schedule, but prioritizing eight hours a night as much as possible is a good start. Smartphones and smart watches make it easy to track sleep today, so keep an eye out for more ways to hold yourself accountable.

## Exercise

Exercise basically sharpens your immune system, mainly by

elevating the amount of white blood cells circulating in your body. This allows for your immune system to identify and fight off pathogens and infection more readily.

An active lifestyle comes with several health benefits. Many people fail to acknowledge its significant effect on immunity.

## Diet

A nutrient-rich diet is yet another way to keep your immune system strong. Antioxidants strengthen and support the immune system. Here is a short list of antioxidant-rich foods to have on hand during the flu season:

- Berries
- Dark chocolate
- Kale
- Walnuts
- Green tea

As you can see, there are more ways to stock up on powerful

antioxidants than fruits and veggies! Dark chocolate or nuts such as pecans and almonds are also rich in antioxidants.

This molecule is important in defending the body's cells against damaging circulating free radicals. Basically, they help to decrease negative stress responses in the body from environmental triggers and/or substances. Examples of antioxidants include Vitamin C and E.

An overall healthy diet also helps to keep you focused during the day, preventing the need for caffeinated nights to finish those assignments or studying you left for the last minute. This goes along with a more organized sleep schedule as well.

While fitting micronutrients (vitamins and minerals) into your everyday diet is the best form of supplementation, having a multivitamin - especially as a college student - is a great way to make sure you're getting your daily dose of the most important nutrients.

Finally, when desperate times call for desperate measures, chug your Emergen-C. You will notice a difference right away, and possibly combat a creeping illness.

As you can see, a healthy lifestyle consists of many factors. Exercise can help to improve immunity directly and indirectly, through an improvement in sleep. Diet and sleep can aid in immunity, along with giving you enough energy to exercise.

All of these factors come together to help you form a stronger, better you. The more you prioritize your health, the less likely you will be to contract a bacterial or viral infection. The less you get sick, the more you will be able to accomplish. The more you accomplish, the better you will feel.

So, stay sharp through healthy choices, and keep these habits up by getting organized and putting your health first more often.



TEA TIME FLIP

## ANTIOXIDANT-RICH FOODS — Berries, nuts and seeds are just a few good examples of foods containing immune system-strengthening properties.

Email the Anchor at [anchor@hope.edu](mailto:anchor@hope.edu) with any questions you want answered! The Lifestyle page will be including an advice column and displaying anonymous responses. Ask away!



Men's golf dominates the MIAA

Megan Grimes  
SPORTS EDITOR

Over the past Friday and Saturday, Hope's ninth ranked men's golf team competed in the MIAA championship tournament.

The Flying Dutchmen came into the tournament with a strong lead over runner-up Calvin College but nonetheless had to fight hard for the win.

On Friday, the first day of the tournament, Hope came out first with a score of 284, 4 over par, one stroke ahead of runner up Kalamazoo College. Their score brought their tournament lead up to 44 strokes over all of the MIAA matches through the season.

Senior Josh Gibson and junior Daniel Settecerrri both finished the day with scores of 70, tying for third place at even-par. Seniors Andrew Goble and



HOPE COLLEGE

DANIEL SETTECERRRI — The junior golf player concentrates on his shot, working hard to contribute for the win.

Ben Kramer also tied with a score of 72.

Coming into the the second day of MIAA play, the Flying Dutchmen were intent on the win. They played hard, putting up another score of 284 for the MIAA Champion title, beating the runner-up, Adrian College, by 5 points.

The team put in an overall MIAA score of 1718, followed by Calvin at 1770.

Head coach Scott Lokers commented on the team's performance: "I remember Tim Schoonveld (Hope's co-AD) told me once that there are not many teams who get to play for a championship, so when you're

in the hunt for one, it's special. I'll never forget that. We'll never take winning a championship for granted, and doing it with these guys has been a ton of fun. They are a great group. I'm very proud of them."

Gibson and Settecerrri tied again in the second day of play with scores of 140 for the weekend. Kramer finished with a score of 143.

Gibson took the overall individual MIAA championship with a total score of 414 points, 11 strokes ahead of runner up Nick Ludka from Kalamazoo. He has also taken the lowest MIAA average for a Hope golfer, at 69 for the MIAA season, ahead of his 2017 record of 71.6.

This tournament concludes play for the fall season, with the MIAA NCAA Division III national championship qualifier to be scheduled for April.

Volleyball gets record-breaking revenge in tournament

Kirsten Anderson  
GUEST WRITER

This past weekend, the Flying Dutch made their way to Calvin College for the Midwest Invitational, which hosted a variety of teams for the region. The Dutch had a their work cut out for them; they would play Thomas More on Friday at 7:30 p.m., followed by Ohio Northern and Susquehanna on Saturday at 1 p.m. and 3:30 p.m. respectively. The Dutch entered the weekend a 17-4, and two of those losses had come from Thomas More and Ohio Northern earlier in the season.

The Dutch began the weekend by defeating Thomas

More in four sets on Friday night (21-25, 25-21, 25-23, 25-17). Freshmen Ana Grunewald and McKenna Otto had a standout night with 12 kills apiece, while senior outside hitter Katie Rietberg led the way with 14 kills. Hope also came out strong on Saturday afternoon against Ohio Northern — a team which defeated Hope in three sets earlier this year — and recorded a five-set win (25-27, 24-26, 25-21, 26-24, 15-10). Senior middle hitter Grace Ditzenberger was instrumental in this win for the Dutch. She recorded a total of 12 blocks against the Polar Bears — a Hope College school record. This number also ties

for the second-most blocks in a match for a single player in all of NCAA Division III so far this year, and it's the most blocks by an MIAA athlete in a match this season.

Hope rounded out the weekend by defeating Susquehanna soundly in a 3-0 routing (25-20, 25-23, 25-12).

Ditzenberger finished out her excellent weekend by leading the Dutch with 12 kills against Susquehanna.

The Dutch, now 20-4 on the season, will return home to DeVos Fieldhouse on Tuesday, October 16, where they will face off against the Belles of St. Mary's College at 7 p.m.



HOPE COLLEGE VOLLEYBALL

SERVING UP WINS — Women's volleyball made a comeback this weekend, defeating rival teams with stellar team effort.

THIS WEEK IN SPORTS

Today  
Men's Soccer  
vs. Alma, 7 p.m.

Saturday  
Women's Volleyball  
@ Elmhurst, Illinois  
vs. Wis.-Whitewater, 10 a.m.  
vs Wis.- Stevens Point, 12:30 p.m.

Women's Soccer  
@ St. Mary's, 12 p.m.

Men's Soccer  
@ Trine, 2:30 p.m.

Football  
vs. Olivet, 5 p.m.

Tuesday  
Men's Soccer  
vs. Adrian, 7 p.m..

IN BRIEF

WOMEN'S CROSS COUNTRY

The women's cross country team traveled to Wisconsin this past weekend to preview the NCAA Division II championship course during the Oshkosh Invitational. The team took eighth of the 52 teams competing, running through mud and rain during the race. They are ranked ninth in the NCAA, looking to race the course again in the championships in November.

Head coach Mark Northuis commented on the team's stamina, "with teams competing from all around, east coast and west coast, it made for a very competitive meet. I thought the women ran very well."

SOCCER

Last weekend the women's soccer team played Adrian College, taking the MIAA lead with a decisive 1-0 win against the team. The win brings them to a 4-0-1 record for the MIAA season, one point ahead of runner-ups Adrian and Albion College.

Head coach Leigh Sears commented: "Adrian is a young team, but they play hard. In the second half, we got a little mad. We played hard and took it up a notch. We were more dangerous in the second half. You could feel a goal was coming. I knew it was going to be a one-goal game."

The men's soccer team also played over the weekend against Albion, ending a double overtime game with a 2-2 tie. The teams scored early in the game then stood off against one another through the two ten-minute overtime periods. The Flying Dutchmen play again today against Alma College.

MIAA  
PLAYERS OF THE WEEK



Men's Golf  
Daniel Settecerrri

Women's Volleyball  
Grace Ditzenberger

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& FAST  
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